



Contact:  
 Geneva Hampton, Executive Director  
 501-371-4639  
 ghampton@littlerock.org

*For Immediate Release*

## Little Rock Marathon Training Program Begins

### Informational Meeting slated for August 20th

LITTLE ROCK, AR (August 12, 2013) – An informational meeting for individuals interested in training for the 2014 Little Rock Marathon and companion races will be Tuesday, August 20 at 6 pm in the River Market, 3<sup>rd</sup> floor, 400 President Clinton Avenue in Little Rock according to Little Rock Marathon race officials.

The Little Rock Marathon Training Program, presented by Bill Torrey's Rock City Running and KARK Channel 4, is a free running/walking program created to prepare individuals who plan to take part in one of the races next March.

The Little Rock Marathon, presented by Windstream Communications, is part of the 12th Annual Little Rock Marathon Weekend presented by the Arkansas Democrat Gazette slated for February 28 – March 2, 2014 and benefits Little Rock Parks & Recreation. Other race weekend events include a the Little Rock Half Marathon, the Little Rock 10K, the Little Rock 5K Fun Run/Walk, the Little Rocker's Kids Marathon and the two-day Little Rock Marathon Health & Fitness Expo.

In addition to the marathon (26.2 miles) distance, schedules are available for the half marathon (13.1 miles), 10K (6.2 miles), and 5K (3.1 miles). Schedules are available on the training section of the website.

According to Hobbit Singleton, head walking coach of the 2014 training program, "The number one thing we hear from the public is 'I'm new at this and I don't want to look stupid.' We have athletes at every level and we have all - at one time or another - done something in training that made us look stupid (coaches definitely included)."

"Our training program is really a year-round program," Singleton said. "After the first Little Rock Marathon in 2003, the group never stopped training and we never stopped coaching."

"The training schedules are very do-able and are for every level of fitness," she said. "We had over 2,500 people in last year's program, which was up over 10% from the previous season. Our program caters to first time marathoners and first time runners/walkers (meaning they have never run a step)."

Registration for the training program available on the training page at [www.littlerockmarathon.com](http://www.littlerockmarathon.com).

###

#### About Little Rock Parks & Recreation

Little Rock Parks and Recreation oversees 57 developed parks and twelve undeveloped parks totaling over 6,100 acres. In addition, the Little Rock Parks & Recreation offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors.

Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit [www.lrpr.org](http://www.lrpr.org).

